

Onsite Fitness Class Schedule November 24 - December 18				
Times	Monday	Tuesday	Wednesday	Thursday
	November 24	25	26	27
12:10 PM (Location)	Total Body Fitness City of Tavares TRA Room	Muscle Toning (Room 233)	Total Body Fitness City of Tavares TRA Room	Thanksgiving Holiday - NO CLASSES
5:30 PM (Location)	Zumba (5:35 PM) Ag Center	Pilates Room 233	Zumba (5:35 PM) City of Tavares Civic Center	
	December 1	2	3	4
12:10 PM (Location)	Total Body Fitness City of Tavares TRA Room	Muscle Toning Room 233	Total Body Fitness Ingraham Center 317 S. Ingraham Ave., Tavares	Muscle Toning Room 233
5:30 PM (Location)	Zumba (5:35 PM) City of Tavares TRA Room	Pilates Room 233	Zumba (5:35 PM) Ingraham Center	Pilates Room 233
	8	9	10	11
12:10 PM (Location)	Total Body Fitness City of Tavares TRA Room	Muscle Toning (Room 233)	Total Body Fitness City of Tavares TRA Room	Muscle Toning (Room 233)
5:30 PM (Location)	Zumba - 5:35 PM City of Tavares TRA Room	Pilates (Room 233)	Zumba - 5:35 PM Ingraham Center	Pilates (Room 233)
	15	16	17	18
12:10 PM (Location)	Total Body Fitness Ingraham Center	Muscle Toning (Room 233)	Total Body Fitness Ingraham Center	Muscle Toning (Room 233)
5:30 PM (Location)	Zumba (5:35 PM) (Ag Center)	Pilates (Room 233)	Zumba (5:35 PM) (Ag Center)	Pilates (Room 233)

Cost: \$26 first month for new participants / \$29 a month for returning participants

For questions, please call Nadine Ohlinger, Lake County Employee Services, 343-9769
or email (nohlinger@lakecountyfl.gov)